

# Sports & Health



Turkey Trot participant Tyler Hubbard crosses the finish line at G Street, Saturday. Hubbard took first place in the male division for the second year in a row for the 10K race.



Participant Brian McLean, runs in the family fun run with his son after the Turkey Trot, Saturday. McLean also participated in the Turkey Trot for the first time.

## MCB Hawaii holds Turkey Trot

### More than 200 participants run Turkey Trot

**Story and photos by  
Kristen Wong**  
*Photojournalist*

More than 200 participants from Marine Corps Base Hawaii and the community ran in the Turkey Trot, Saturday.

The 10K race, which is part of the Commanding Officer's Fitness Series, started and ended in front of Pop Warner Field. After the Turkey Trot, families were invited to participate in an additional one-mile family fun run around the track at Pop Warner Field. The race was hosted by Marine Corps Community Services and 3rd Radio Battalion. Most of the funds raised went to the unit.

The first male across the finish line was Tyler Hubbard, who took first place in last year's Turkey Trot as well. Hubbard has also competed in at least 40, if not more, races within the last few years.

"I had to come back and defend my Turkey Trot title," Hubbard said with a smile, glistening with sweat.

Hubbard wasn't sure if he would be able to compete in the race this year. He took a week off from running

after competing in the Marine Corps Marathon on Oct. 30 in Washington, D.C. Because training for the marathon is different from the 10K, he said he wasn't sure if he'd be fast enough.

"[The race was a] little bit hilly," Hubbard said. "[But] I felt like it was a good performance."

Stephy Matsumura, of Pearl City crossed the finish line as the first place winner in the female division, this year. Matsumura has competed in at least seven previous Turkey Trots. She described the race this year as "well organized."

"The hill had a kick to it," Matsumura said.

Matsumura ran three times a week to train for races, including a long run, sprint, and tempo run.

"It's an indescribable feeling," Matsumura said of her win. "It feels good. You [have] the jitter for hours."

She said it's "never too late" to start running, and encouraged everyone to "take advantage" of living in Hawaii. She added that, after winning the race, she had a "feeling of euphoria, especially when I beat girls half my age ... that feels damn good."

Some participants pushed their children in strollers throughout the race, while others ran alone. Jon Weisenborn, of Fairport, N.Y., ran the Turkey Trot

with his dog, Oscar. Although this was the second Turkey Trot for Weisenborn, it was the first for Oscar, who loves to run.

As participants rested at Pop Warner Field, enjoying refreshments, Beckie Page, assistant manager of the Semper Fit Center, called for participants of the family fun run to line up. At her call to start, children took off running. Whether finishing a quarter of a mile or one mile, the children were given a special gift bag with items such as candy and a competition ribbon.

"It was very windy," said Brian McLean, of the Turkey Trot. "[The Turkey Trot was] easier than a half marathon."

McLean also ran the family fun run with his son after the Turkey Trot.

"He enjoys everything that's active," McLean said of his son, who rested in his stroller after finishing the family fun run.

There were winners in the male and female divisions, as well as the various age divisions. The first place female and male each received a turkey.

For more information about the Commanding Officer's Fitness Series, visit <http://www.mccshawaii.com/cgfit.shtml>.

## An offensive mindset

Patricia Monbouquette (right) angles her body away from Anne Logan as she kicks during the Spouses' Self-Defense Class held Nov. 17. Several Marine Corps Martial Arts instructors showed military spouses how to take an offensive and balanced stance while keeping their opponents too far to strike back. The group also learned how fight back an attacker with and without an improvised weapon.





# “In space, no one can hear you scream”

**Lance Cpl. Matthew A. Callahan**  
*Contributing Writer*

DISCLAIMER: The views reflected in this versus column do not reflect the horribly directed and produced “AVP” films. They are garbage. Liking them makes you less of a human being. That being said...  
...The silhouettes of the brutish otherworldly hunters, known only as Predators, loom in the shadowy darkness of their prized hunting ground; tracking the most vicious and terrifying prey they will ever have the honor of combating. In the darkness and deafening quiet, the hunters rely completely upon their transcendent technological prowess and warrior’s instinct to accomplish their bidding. All is still, but then a flurry of movement.

In a blinding flash, the Predators never could have anticipated what awaits them. They are surrounded by the xenomorphs known only as the Alien. With an untold origin, and history that could easily date back to the start of life itself, the Alien is a brutal anomaly adapted to tackle any adversary before it. The swift and dark creature not only boasts diamond-sharp teeth, concentrated acid flowing through its veins, and a nearly impenetrable exoskeleton, but a deeply-rooted instinct to do only one thing throughout its existence — survive.

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Like an insect, it is driven only by its unyielding will to survive and spread its seed across the universe.”  
The Predators fight gallantly at first, making their ancestors proud, but very quickly they realize that their lives are drawing to a close. The hive-mind zealotry of the Alien horde is too great for them; they are powerless to its will. One by one, they fall, and are ripped to fiery shreds by the more dominant species of hunter/killer, the Aliens.

This is the likely way any encounter between the two powerhouse species would play out. The Predator is nothing more than a glorified soldier with a chip on its shoulder to outdo its peers and brethren before it. Though honorable in their endeavors, the Predators lose their sense of survival and primal instinct in the wake of their cultural pride and extreme reliance upon technology.

The Alien doesn’t have this problem. Like an insect, it is driven only by its unyielding will to survive and spread its seed across the universe. It is a blind, viral killing machine, whose only means of reproduction is to violently impregnate a host who later dies giving birth to the creature inside. With metal eating acidic blood, killing the Alien is only half the battle. The Predators favored up-close-and-personal bladed approach to combat is rendered virtually useless if they want to avoid being burned to death almost instantly.

Cunning and intelligent as the Predator may be, it is forced to fight from a distance, employing shoulder-mounted plasma cannons. But the Alien is much too fast for any guidance system. Massive, hulking, and lightning quick in any clime or place, the Alien relies on nothing but itself, and the thousands of its kin behind it to leave nothing short of an apocalyptic landscape in its wake.

The Predators hand-to-hand fighting style is pretty rendered mute and any firearm it possesses to fight the Aliens is too slow to take enough of them down to win a skirmish. The most electrifyingly terrible creature to win this fight is, and always will be, the Alien. Its will unbreakable—unless of course John Wayne shows up brandishing a squad of World War II Marines, but that’s a subject to be discussed later.



## “Who would rise at the end, the Alien or Predator?”

VS is a recurring column tackling debatable issues in the sports and entertainment world. Hawaii Marine readers can submit a subject for future columns by e-mailing their ideas to [HawaiiMarineEditor@Gmail.com](mailto:HawaiiMarineEditor@Gmail.com). If there’s a topic you would like to discuss/defend or if you think we missed the mark, let us know and you could see your “opinion,” regardless of how wrong it is, featured below. Suit up, ladies ... it’s game time.



CALLAHAN



BARBER

that an insect-like species like the alien could never, ever compare to.

The best part is, unlike the alien who lives only for the sake of living, the predator has moved on past merely surviving, and has since become a master of killing, turning it into a sporting event. The more skulls the predator collects, the more honor it receives from its people.

In a one-on-one fight, the predator would demolish a xenomorph. The predator’s hunter mentality are rivaled only by his civilization’s super-advanced technology, all developed for the sake of the hunt. The alien? Sure, it’s fast, and it may be vicious, but something that has no eyes, no sense of smell, pain or judgment, would certainly lose out in the end. Its blind rage could easily expose all of its weaknesses to the predator’s calm and calculating wisdom, allowing the hunter to easily put one of them down without effort.

A seasoned predator has more kills and notches on his belt than any alien. The alien kills to survive but the predator kills solely on the amusement and satisfaction it gets from causing pain to its enemy. A kill is an award for a predator – a medal of honor that drives him to kill again and again. The alien, like every other carnivore in the animal kingdom, kills to survive. When matched against a predator, the alien has no chance of survival—well unless Chunk Norris shows up but that’s a topic for later.

# Predators don’t have time to bleed

**Lance Cpl. Jacob D. Barber**  
*Combat Correspondent*

DISCLAIMER: The views expressed herein are those based off of the original “Aliens” and “Predator” films, not the crap “AVP” movies.  
The forest was silent as the wind whistled softly through the trees. Nothing was heard for miles around as the alien made its way through the bushes looking for its next victim. Driven solely by the purest instincts of survival, the horrifyingly composed xenomorph scans and searches the area for potential threats but stands oblivious as it is observed by a much more sinister threat than itself.

The predator, perched on a tree branch, monitors stealthily, the deformity below him, amused that his next victim is unaware of his presence. Using the most advanced cloaking technology in the universe, the predator waits for the perfect moment to strike. It launches down behind the alien and strikes viciously and accurately, a ruthlessly efficient series of combative techniques his culture has mastered over thousands of years of hunting and warrior ethos.

This simple scenario is what comes to mind when I think of aliens and predators actually fighting. However, I don’t see much of a fight if these two ever meet. The predator is clearly a more dominant, smarter, faster, and overall better hunter.

Many stories and legends have been told of the predator’s intuitive hunting skill in the heat of the kill. They are driven by a long-standing sense of honor and integrity

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The best part is, unlike the alien who lives only for the sake of living, the predator has moved on past merely surviving, and has since become a master of killing.”

# SPOTLIGHT ON SPORTS

## Sports and Health

**Semper Fit Turkey Burn-Off Aerobathon**

Join the Semper Fit Center on Nov. 25, the day after Thanksgiving, for an aerobathon including group class favorites such as Boot Camp, Pilates, Cardio and Strength, Gut Cut, Cycling and a special Zumba blowout.

Prizes will be given out at the end, the more classes you attend the more opportunities to win. Bring an unwrapped toy for the Toys For Tots campaign. Call Semper Fit at 254-7597 for more information.

**Youth Winter Water Sports**

Take the one-week “Introduction to Water Sports” class at the Base Marina.

**Winter Break Kid Fit**

The Semper Fit Center will be hosting Kid Fit, to keep children physically active while on break from school, Dec. 19-23 and Dec. 27-30.

There is a \$30 registration fee for the first child, and \$25 for each additional child. For more information, call Semper Fit at 254-7597.

**Commander’s Cup Golf Classic**

The Commander’s Cup Golf Classic will be held Dec. 16 at the Kaneohe Klipper Golf Course. The tournament is open to active duty service members, dependents and military civilians. The fee is \$48 for E-5 and below, \$53 for E-6 to O-3, and \$58 for O-4 and above, and civilians. Registration ends Dec. 12.

For more information, call 254-2107 or stop by the ProShop.

**Semper Fit Center and Base Pool holiday hours**

Patrons are welcomed to workout for Thanksgiving Day and Nov. 25 at Semper Fit Center aboard Kaneohe Bay. The center will also be open Christmas Day and Dec. 26 from 7 a.m. to 6 p.m.

**Commander’s Cup Bowling League at K-Bay Lanes**

The league continues to play on Mondays at 6 p.m. at K-Bay Lanes. Watch your favorite four-player teams duke it out through 2012.

For more information about the games, call 254-7693.

**Intramural Tackle Football Champions**

**Headquarters Battalion Warriors**  
**9-0**





“A.P.” Leon, Headquarters Battalion Warriors runningback, runs in for a touchdown during the intramural football championship at Pop Warner Field on Marine Corps Base Hawaii, Tuesday. “This game means everything to us,” said Kelvin Brown, Warriors head coach. “We put a lot of time and preparation into the offense and defense physically and mentally.” The Warriors have gone undefeated the entire season and the Marine Aircraft Group 24 Bandits are looking for every opportunity to steal the championship and reap the glory of taking down the Warriors.

# Warriors: undefeated champions of intramural football

**Story and photos by  
Lance Cpl. James A. Sauter**  
*Combat Correspondent*

For the final game of the season, family and friends filled the bleachers of the gridiron to watch the Headquarters Battalion Warriors take on their rival, the Marine Aircraft Group 24 Bandits, for the intramural football championship at Pop Warner Field on base Tuesday.

The Warriors have gone undefeated the entire season and the Bandits are looking for every opportunity to steal the championship and reap the glory of taking down the Warriors.

“This game means everything to us,” said Kelvin Brown, Warriors head coach. “We put a lot of time and preparation into the offense and defense physically and mentally.”

The referees called the teams’ captains out for the coin toss and the Warriors won and chose to punt.

“We decided to differ and get the ball in the second half,” Brown said. “There’s the chance that we will get the ball in a turnover early in the first quarter.”

However, the Bandits had no intention of giving up the ball early in the game. The Bandits ran the ball down field, wearing the clock down. They fumbled the ball, but quickly recovered it when the Warriors fumbled at their 10-yard line. Then the Bandits drove in a touchdown ending the first quarter 6-0.

“Let’s take it to this team,” said Manuel Taylor, Bandits coach. “They’re not expecting you, take it to them and smash their helmets in.”

The Bandits began the second quarter with a first down, sending the Warriors up in a frenzy trying to stay in the game, but luck kicked in again.

The Bandits fumbled and the Warriors recovered. Felipe Tristan, Warriors guard, ran the ball up the middle for a touchdown; tying the game 6-6 with 9:14 minutes left in the first half.

Going for the counterattack, the Bandits tried their

throwing game but were forced to punt the ball. The Warriors called a timeout with 31 seconds left in the second quarter and decided to pass the ball. Nathaniel Rausch, Warriors wide receiver, made a touchdown putting the Warriors 14-6 with seven seconds left, giving the Warriors the confidence they needed as they rested during halftime.

“Play hard and get your hearts out there,” Brown said. “We get the ball and we’ll win quicker when we have our way. Play harder and work harder, we’re going to be the champions.”

The third quarter became a desperate fight for the Warriors to crush the Bandits with more touchdowns. Constant punting and sacks from both sides kept the game exciting but the Warriors pulled out a quick touchdown to bring their lead 20-6 ending the third quarter.

The Bandits’ coaches and players told to their defense to stay focused as the fourth and final quarter started.

The Warriors continued their march down field, pushing the Bandits into the red zone, but lost the ball in a turnover. During their moment for a comeback with 10 minutes left on the clock, the Bandits hiked the ball too high and the Warriors pounced on the opportunity in the end zone bringing the score 28-6.

The crowd cheered and stomped but the Bandits’ decided to call a cycle of plays to push the Warriors’ defense down field bringing the score 28-12.

The Bandits’ made an aggressive move by recovering the ball with an onside kick. But during the punt, James Simms, Warriors fullback, was injured during the play and was escorted off the field in an ambulance.

“This game should really go to him,” said Julio Aguayo, Warriors quarterback. “He deserves this championship more than anyone here.”

The Bandits started up again, but couldn’t muster enough fury to score again. At the two-minute warning, the Warriors drained the clock ending the game and the season at 28-12.



Nathaniel Rausch, Headquarters Battalion Warriors wide receiver, leaps for a catch during the intramural football championship at Pop Warner Field on Marine Corps Base Hawaii, Tuesday.

“I’ll say, [MAG-24] puts up a really good fight but we were prepared for them in this game,” Aguayo said. “We wouldn’t have [gotten] here without a lot of hard work and practice.”

# Semper Fit serves up another volleyball season

**Kristen Wong**  
*Photojournalist*

On a busy Saturday aboard Marine Corps Base Hawaii, as families welcomed home loved ones and runners turkey trotted just outside of the Semper Fit Center, the younger generation on base bumped, set and spiked their way through the 2011 fall Hawaii Military Youth Athletic Association volleyball tournament.

In addition to 17 teams from Joint Base Pearl Harbor-Hickam, 90 girls and boys from here were enrolled in teams this year, and MCB Hawaii was “represented in every divisional championship game,” according to Clark Abbey, the youth sports coordinator for Marine Corps Community Services.

“It was a successful tournament, it was exciting,” Abbey said. “There was good sportsmanship ... the kids were playing hard.”

The MCB Hawaii Bulldogs played the JBPHH Lil’ Devils in one of the earlier games on the morning of the tournament. In what seemed like the blink of an eye, the Bulldogs defeated the Lil’ Devils.

This was the first year playing for Bulldogs player Abby Sterling, 10. She said serving is fun and is the best part about volleyball. But for Sterling, the challenge is getting to the ball in time before it hits the ground.

Bulldogs’ coaches Melinda Bean and Melissa Tejeda coached for the



**Bulldogs player Angel Robinson, 8, attempts to return the ball during a set between Marine Corps Base Hawaii’s Bulldogs and Joint Base Pearl Harbor-Hickam’s Lil’ Devils, at the Semper Fit Center, Saturday. The Bulldogs defeated the Lil’ Devils 15-12 in the first game and 13-9 in the second.**

first time this year. Tejeda said that during practice, the team focuses on weaknesses they notice during their

games. Bean said that they teach the athletes about winning and losing.

“It’s not about winning,” Bean said. “It’s about winning or losing gracefully, anytime.”

Tejeda said they also encourage the athletes to play as a team, and also to have fun.

“If they’re not having fun, they’re not winning,” Tejeda said.

This time around, MCB Hawaii did not take first place, but the coaches were still just as pleased with their athletes. Angela Maness, the head coach of the Little Wahines in the termite division, coached youth volleyball for her first year. Maness has been playing volleyball for many years, since her father encouraged her to join competitive sports. She has also played on the All-Marine Volleyball team for four years.

The Little Wahines took second place in the championships for the termite division. Maness said the girls were fast learners with open minds and no bad habits. All of the girls on the team, with the exception of her daughter and one other returning player, were playing volleyball for the first time.

“I’m proud of the girls,” Maness said. She also credits her sister, who was her assistant coach this year, for helping take care of the team, not only for practice but in coordinating rides home and other administrative tasks.

The MCB Hawaii team Phoenix took second place in the championships for the peewee division.

“I was delighted, I got goosebumps,” said Phoenix coach Katie Johnson. “It was an awesome feeling. I was very proud of the girls.”

Johnson has coached for three seasons, not only for her love of volleyball, but also to support these athletes, as many of them have parents that are deployed.

“It was my way of taking their mind off of a hardship and teaching a sport that I love,” Johnson said.

The very last game Phoenix played was against the undefeated JBPHH Hot Tamales. Johnson commented that some of the girls who previously had trouble getting their serves to pass the net were able to do so in this game.

“They were actually putting [the ball] over the net when we really needed them too,” Johnson said.

Abbey said it’s a challenge keeping the program alive because of many permanent changes of station. Still, he said the volleyball program, currently in its fifth year running, continues to grow. In addition to changes in the rules of play, the HMYAA plans to create a new Varsity division for youths born from 1994 to 1997.

Applications are currently being accepted for the youth basketball season in January. Military children born from 1996 to 2006 are eligible to register. Parents can fill out application forms at Semper Fit, but should bring proof of their children’s age. For more information about youth sports on base, call 254-7473.





Third Marine Regiment field radio operators Lance Cpl. Bo Yager, (standing) and Lance Cpl. Sam Gonzalez work together to finish the Maneuver Under Fire element of the CFT Team Challenge.



Team members race to hand off an ammo can to complete a total of 200 ammo can lifts for the team challenge. Each team also had to do all regular CFT elements without taking any breaks in between.

Cpl. Dexter Ellison, digital mobile wideband switchboard transmission operator, 3rd Marine Regiment, carries his teammate Pfc. D'Marco Boykin, field radio operator, 3rd Marines. Their team, "Communication Crusaders," took first place with a time of 14 minutes and 46 seconds.



# BEYOND 300: CFT Team Challenge pushes limits

Story and photos by  
Christine Cabalo  
*Photojournalist*

It took just 14 minutes and 46 seconds for members of 3rd Marine Regiment to become the first winners of the CFT Team Challenge held Tuesday at Marine Corps Base Hawaii.

The "Communication Crusaders" team from 3rd Marines pushed hard to take the top spot against the other four-member teams competing at Riseley Field Complex.

"To prep for this we ate right on the weekends and just got in exercise when we could," said Cpl. Dexter Ellison, digital mobile wideband switchboard transmission operator, 3rd Marines. "That's all you can really do, because at some point you have to try to dig deeper for strength."

Their closest competitor was Marine Heavy Helicopter Squadron 362's second team, who was just 16 seconds behind 3rd Marine's winning time. Although there were two teams of "Ugly Angels" competing against each other for the win, both groups cheered each other on as they completed the Combat Fitness Test course.

The Semper Fit Center ran the contest, with input on challenge elements offered by the Operations and Training Directorate. The goal was to create a event that would test Marines while being fun, said Jon Shiota, manager, Semper Fit Center.

"Marines normally do the CFT annually," he said. "We thought it would be a great way for them to challenge each other in something that they need to do already."

The course was harder, involving an extra element than an average CFT. Teams were required to do each leg of the CFT without a break and put in an additional team effort of 200 ammo can lifts at the end.

"It's a lot harder to do without the breaks," said Lance Cpl. Maria Polito, armorer, Headquarters Battalion. "You get tired so easily."

Polito was the challenge's lone female team member, but got cheers of encouragement from her male competitors during every step of the team challenge.

Several onlookers had a bird's eye view of the full course, watching the competition from barracks nearby the field. Competitors on the ground took the time to watch how other groups handled the course before planning their own way to tackle the tasks.

"We noticed that some people were just pumping out their ammo can lifts way too fast," said Lance Cpl. James Robbins, flight line mechanic, HMH-362. "Our strategy [was] to go at a good pace and communicate."

Many anticipated the first Movement to Contact section of the challenge to be the hardest, doing an 880-yard sprint in their camouflage utilities uniform. However several teams reported the task they struggled with the most came at the very end.

"The last 200 reps for the ammo can lift I thought was going to be easy but it ended up being the most difficult," said Lance Cpl. Bo Yager, field radio operator, 3rd Marines. "After a while, you just get so tired. You need to push through and just get it done."

By pushing through their physical and mental exhaustion the fastest, the "Communication Crusaders" won special shirts and a place on the Semper Fit Center's wall as winners. Although the prizes were nice, the team members said they weren't in the challenge just to win them.

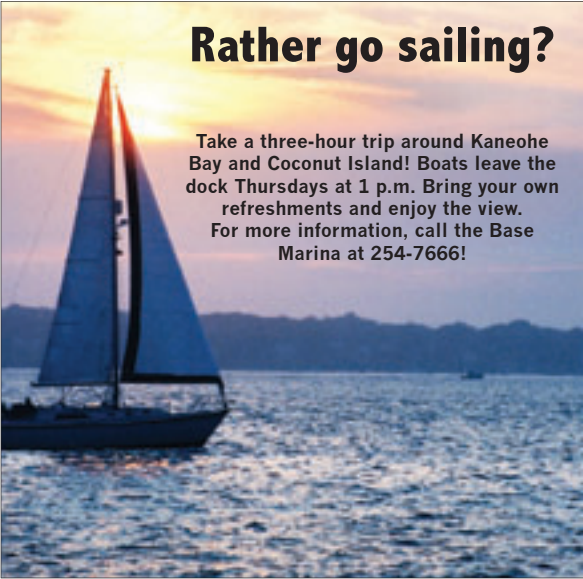
"We wanted to build up our unit camaraderie around our team," Ellison said. "Basically we wanted to get back to our foundation, fostering brotherhood."

**Left:** Lance Cpl. Maria Polito, armorer, Headquarters Battalion, tries to do as many of the 200 ammo can lifts needed for her team during the CFT Team Challenge held Tuesday. Polito was the only female team member competing in the challenge.



## Rather go sailing?

Take a three-hour trip around Kaneohe Bay and Coconut Island! Boats leave the dock Thursdays at 1 p.m. Bring your own refreshments and enjoy the view. For more information, call the Base Marina at 254-7666!





# Attention kids!

## “Keiki Krayons” is here!

YOUR DRAWING  
COULD BE  
FAMOUS!



Break out your crayons and markers, because the Hawaii Marine wants to publish your child’s art in our “Keiki Krayons” contest! We need kids 10 and younger to submit their color drawings to us and the winning art will be included in the following week’s newspaper.

### The topic for DECEMBER is “Holiday Cheer”

If your art is selected by our staff, you will win Hawaii Marine prizes such as T-shirts, coolers, reusable shopping bags and more. You’ll also be entered for our grand prize year end drawing.

Art submissions must be in crayon or markers on a blank 8.5x11-inch piece of white printer paper. You can deliver submissions to the Hawaii Marine office at Building 216, Room 18 or scan and email them to [HawaiiMarineArt@gmail.com](mailto:HawaiiMarineArt@gmail.com).

Please provide a description of the drawing, your child’s full name and age, along with a parent’s name and contact phone number when submitting. Also include a JPEG photo mugshot of the artist.

## THANKSGIVING POLO

*Sunday*

In honor of our Military Members this Thanksgiving Day Weekend you are cordially invited to attend an afternoon of Polo at the Hawaii Polo Club on Oahu’s North Shore. Our first autumn polo event will welcome our military troops home for the holidays.

On the Sunday following Thanksgiving, please join us in celebrating and saying “mahalo” for the sacrifices, courage and commitment made by our military members and their families each and every



day. Spend an afternoon in the country with family and friends to enjoy polo, live music, cocktails, and gourmet foods.

Come early to tailgate, picnic, and barbeque seaside. We look forward to seeing you there!

The Hawaii Polo Club is located at 68-585 Farrington Highway, Waialua, Hawaii.

Gates open at noon and the chukkas will start at two o’clock. Ticket prices will be discounted for military and students, parking is free.

A portion of ticket sales will be donated to the Wounded Warrior Project. If you have any questions please call 637-7669.

ENVIRONMENTAL  
CORNER



## Donate and recycle your e-waste

Electronic waste also known as “e-Waste” is growing exponentially in our fast paced world. As we replace our old cell phones, computers, and televisions with its latest and better versions, we’re left with a mound of waste in our landfills and homes.

According to the Natural Resources Defense Council: “Some of the materials in personal electronics such as lead, mercury and cadmium, are hazardous and can release dangerous toxins into our air and water when burned or deposited in landfills improperly.”

Today instead of throwing it away, you and I have options to donate it, recycle it, or utilize the Takeback programs at retailers. Check out

<http://www.opala.org> for a list of local eCyclers, free drop-off locations, and donation opportunities.

If you’re living on base, refer to your housing procedures for proper disposal of all trash, including household hazardous waste, bulky items, appliances, televisions and electronics.

Contact Forest City at 330-3421 for more information. For the disposal of Government-issued appliances, furniture and televisions, contact Base Property Control Office at 257-6711 or Base Property Turn-In Point at 479-7364 for instructions on proper disposal procedures.

For Government-issued computers, contact Cisd at 257-2323.



Courtesy photo | City and County of Honolulu





Jay Parco | Hawaii Marine

The reigning Association of Surfing Professionals World Junior Champion, Australian Jack Freestone, wins his heat decisively at the Reef Hawaiian Pro, Nov. 21. The event got underway in head-high surf after a nine-day waiting period. Freestone launched into the air to pull the highest score of the day – 15.66 out of 20. The best surfers from all around the world compete in the Van Triple Crown of Surfing. This epic, three-event competition, is known by some as the “Super Bowl” of surfing contests. The Reef Hawaiian Pro is the first stop of the Vans Triple Crown of Surfing at Haleiwa on Oahu’s North Shore. Look for more coverage of the Triple Crown of Surfing in the next issue of the Hawaii Marine.

# WHAT’S COOKING AT ANDERSON HALL DINING FACILITY?

WEEK OF NOV. 25 THROUGH DEC. 1

<b>Today</b> <i>Lunch</i> Minestrone Soup Roast Turkey Caribbean Catfish  <i>Dinner</i> Baked Stuffed Fish Noodles Jefferson Chicken Noodle Soup	<b>Saturday</b> <i>Dinner Brunch</i> Beef Stew Pork Chops Mexicana  <b>Sunday</b> <i>Dinner Brunch</i> Cream of Potato Chowder Beef Cordon Bleu	<b>Monday</b> <i>Lunch</i> Salisbury Steak Teriyaki Chicken  <i>Dinner</i> Beef Noodle Soup Honey Ginger Chicken Hungarian Goulash	<b>Tuesday</b> <i>Lunch</i> Pepper Steak Chicken Adobo  <i>Dinner</i> Swiss Steak & Tomato Sauce Lemon Baked Fish Fillets	<b>Wednesday</b> <i>Lunch</i> Chili Macaroni Manhattan Clam Chowder  <i>Dinner</i> Turkey Pot Pie Baked Stuffed Pork Chops	<b>Thursday</b> <i>Lunch</i> Pork Fried Rice Szechwan Chicken Breast  <i>Dinner</i> Barbecued Beef Cubes Bombay Chicken Breast
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